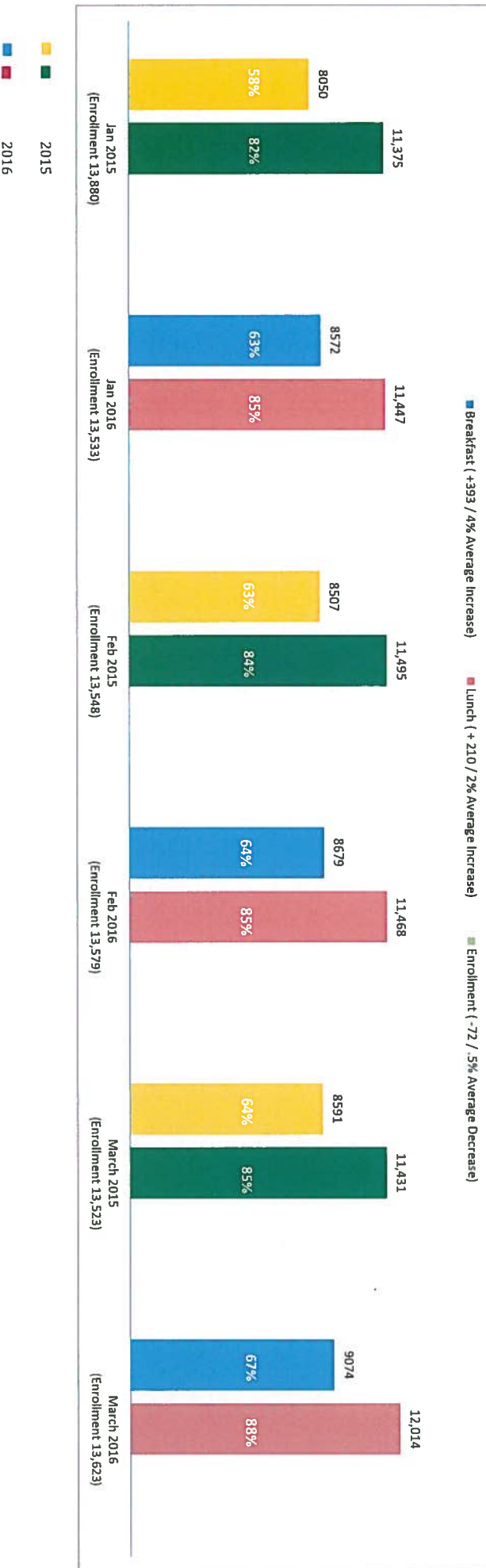


## **Menu Procedures**

- ✚ ***Cycle Menus are composed and analyzed by hand to meet USDA Guidelines twice a year. (planning factors include cost, waste, student participation, labor and equipment).***
- ✚ ***Draft Cycle Menus are sent to State Office ( Santa Fe) for input.***
- ✚ ***Cycle Menus become a part of the State Annual Application process online. Menus are part of audits (February 2016).***
- ✚ ***Cycle Menus constitute the biannual bids, specifications and quantities.***
- ✚ ***Menu and program updates come from USDA and State through workshops, webinars and meetings.***

## Meal Participation Rates





# GADDEN INDEPENDENT SCHOOL DISTRICT Breakfast

## BREAKFAST CYCLE MENU K-12 (2015)



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	W.G. COLD CEREAL BOWL GIANT CHOCOLATE GOLD FISH GRAHAM CRACKER (1pk) APPLE 1C (Cut in 1/2) MILK	W.G. WAFFLES (1PK) ** ORANGE 1 C (Cut in 1/2) MILK	HUEVOS RANCHEROS (CHEESE OMELET) SALSA PICANTE (1pk) WG TORTILLA 6" BANANA 1C MILK	W.G. HAWAIIAN BISCUIT W/ SAUSAGE (1ea) PEAR 1C (Cut in 1/2) MILK	BREAKFAST CHICKEN W.G. BISCUIT APPLE 1C (Cut in 1/2) MILK
<b>WEEK TWO</b>	W.G. CINNAMON GLAZED FRENCH TOAST (3 slices) PEAR 1C (Cut in 1/2) MILK	HAM (1 oz), CHEESE (.5oz) ON WG TOAST (2 slices) APPLE (Cut in 1/2) MILK	W.G. PANCAKES 3 EA MAPLE SYRUP ORANGE 1C (Cut in 1/2) MILK	W.G. TAC-GO W.G. GIANT CHOCOLATE GOLD FISH GRAHAM CRACKER (1pk) SALSA PICANTE (1 pk) APPLE 1C (Cut in 1/2) MILK	W.G. HONEY GRAHAM CRACKER (2pk) BANANA 1C MILK
<b>WEEK THREE</b>	W.G. SUNNY FRESH EGG WRAP (1 ea) SALSA PICANTE (1pk) APPLE 1C (Cut in 1/2) MILK	W.G. BREAKFAST SLIDERS PEAR 1C (Cut in 1/2) MILK	W.G. PANCAKES (1pk) ** ORANGE 1C (Cut in 1/2) MILK	W.G. ENGLISH MUFFIN SQUARE EGG PATTY CHEESE (.5 oz) APPLE 1C (Cut in 1/2) MILK	W.G. COLD CEREAL BOWL GIANT CHOCOLATE GOLD FISH GRAHAM CRACKER (1pk) BANANA 1C MILK
<b>WEEK FOUR</b>	HAM (1 oz), CHEESE (.5oz) ON WG TOAST (2 slices) APPLE 1C (Cut in 1/2) MILK	GREEK FRUIT YOGURT W.G. HONEY GRAHAM CRACKER (2pk) BANANA 1C MILK	W.G. FLATBREAD BREAKFAST SANDWICH PEAR 1C (Cut in 1/2) MILK	CHEESE OMELET (1ea) W.G. GOLD FISH SANDWICH BREAD ORANGE 1C (Cut in 1/2) MILK	W.G. CINNAMON GLAZED FRENCH TOAST (3 slices) APPLE 1C (Cut in 1/2) MILK

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# GADDSEN INDEPENDENT SCHOOL DISTRICT



CYCLE MENU (Old Favorites k-8) (2015) Wed Jan. 2015



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	<b>HAMBURGER ON A W.G. BUN</b> TOMATO SLICES(1/4 C) OVEN FRIES (1/2 C) PICKLES (1/8 C) KETCHUP/MUSTARD (1 pk) ORANGE (1/2 C) MILK	<b>GORDITA ON A W.G. FLATBREAD</b> (Seasoned Ground Beef 2oz, Cheese 1 oz) SALSA PICCANTE (2 pk) CARROT & RAISIN SALAD (1/4 C) RANCH BEANS (1/2 C) APPLE (1/2 C) MILK	<b>GRILLED CHEESE SANDWICH</b> ON W.G. GOLDFISH BREAD (Ham 1.5 oz, Cheese 1 oz) TOSSED SALAD (1/4 C) SWEET POTATOES (1/2 C) RANCH DRESSING (1 pk) PEAR (1/2 C), MILK	<b>CHICKEN SLUGGERS</b> CORN O BRIEN (1/4 C) GREEN BEANS (1/2 C) W.G. HOT ROLL STRAWBERRIES(1/2 C) MILK	<b>RED ENCHILADAS</b> (Cheese .2 oz) W.G. CORN TORTILLAS (1/4 C) GREEN SALAD (1/4 C) PINTO BEANS (1/2 C) RANCH DRESSING (1 pk) WATERMELON (1/2 C) MILK
	<b>STEAK FINGERS (4 ea)</b> CARROT & RAISIN SALAD (1/4 C) MASHED POTATOES (1/2 C) W.G. HOT ROLL CANTALOUPE (1/2 C) MILK	<b>REFRIED BEANS TOSTADAS</b> (Beans 1.2 c, Cheese 1oz, Tostadas 2 oz) TOMATO SLICES (1/4 C) SLICED CARROTS (1/2 C) SALSA PICCANTE (2 pk) PEAR (1/2 C) MILK	<b>TURKEY &amp; CHEESE SANDWICH</b> ON W.G. HOAGIE BUN (Turkey 2 oz, Cheese 1 oz) GREEN SALAD (1/4 C) TOMATO WEDGES (1/2 C) RANCH DRESSING (1 pk) GRAPES (1/2 C), MILK	<b>SPAGHETTI W/MEAT SAUCE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/4 C) GREEN BEANS (1/2 C) RANCH DRESSING (1 pk) BANANA (1/2 C) MILK	<b>CHEESE NACHOS</b> (Cheese 3oz, Tostadas 2 oz) CARROT & RAISIN SALAD (1/4 C) BAKED BEANS (1/2 C) APPLE (1/2 C) MILK
<b>WEEK TWO</b>	<b>BREADED CHICKEN SANDWICH</b> ON W.G. BUN CARROT & RAISIN SALAD (1/4 C) GREEN BEANS (1/2 C) ORANGE (1/2 C) MILK	<b>BEEF TACOS (2 ea)</b> (Taco Shell 2 oz, Seasoned Ground Beef 2 oz) GREEN SALAD (1/4 C) TOMATO WEDGES (1/2 C) RANCH DRESSING (1 pk) SALSA PICCANTE (2 pk) APPLE (1/2 C) MILK	<b>HAMBURGER ON W.G. BUN</b> TOMATO SLICES (1/4 C) OVEN FRIES (1/2 C) KETCHUP/MUSTARD (1 pk) WATERMELON (1/2 C) MILK	<b>CHICKEN SALAD</b> W.G. TOSTADAS (2 oz) TOSSED SALAD (1/4 C) SLICED CARROTS (1/2 C) RANCH DRESSING (1 pk) HONEY DEW (1/2 C) MILK	<b>STUFFED CRUST PIZZA</b> BROWN SPANISH RICE (1/2 C) MEXICAN CORN (1/4 C) PINTO BEANS (1/2 C) PEAR (1/2 C) MILK
	<b>PIZZA WEDGE</b> GREEN SALAD (1/4 C) TOMATO WEDGES (1/2 C) RANCH DRESSING (1 pk) PEAR (1/2 C) MILK	<b>CHICKEN NUGGETS (5 ea)</b> ZUCCHINI (1/4 C) MASHED POTATOES (1/2 C) W.G. HOT ROLL GRAPES (1/2 C) MILK	<b>SPAGHETTI W/MEAT SAUCE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/4 C) CARROT SLICES (1/2 C) RANCH DRESSING (1 pk) ORANGE (1/2 C) MILK	<b>CHICKEN PHILLY SANDWICH</b> ON W.G. HOAGIE BUN SWEET POTATOES (1/4 C) GREEN BEANS (1/2 C) APPLE (1/2 C) MILK	<b>CHEESE NACHOS</b> (Cheese 3oz, Tostadas 2 oz) MEXICAN CORN (1/4 C) PINTO BEANS (1/2 C) BANANA (1/2 C) MILK
<b>WEEK THREE</b>	<b>BREADED CHICKEN SANDWICH</b> ON W.G. BUN CARROT & RAISIN SALAD (1/4 C) GREEN BEANS (1/2 C) ORANGE (1/2 C) MILK	<b>BEEF TACOS (2 ea)</b> (Taco Shell 2 oz, Seasoned Ground Beef 2 oz) GREEN SALAD (1/4 C) TOMATO WEDGES (1/2 C) RANCH DRESSING (1 pk) SALSA PICCANTE (2 pk) APPLE (1/2 C) MILK	<b>HAMBURGER ON W.G. BUN</b> TOMATO SLICES (1/4 C) OVEN FRIES (1/2 C) KETCHUP/MUSTARD (1 pk) WATERMELON (1/2 C) MILK	<b>CHICKEN SALAD</b> W.G. TOSTADAS (2 oz) TOSSED SALAD (1/4 C) SLICED CARROTS (1/2 C) RANCH DRESSING (1 pk) HONEY DEW (1/2 C) MILK	<b>STUFFED CRUST PIZZA</b> BROWN SPANISH RICE (1/2 C) MEXICAN CORN (1/4 C) PINTO BEANS (1/2 C) PEAR (1/2 C) MILK
	<b>PIZZA WEDGE</b> GREEN SALAD (1/4 C) TOMATO WEDGES (1/2 C) RANCH DRESSING (1 pk) PEAR (1/2 C) MILK	<b>CHICKEN NUGGETS (5 ea)</b> ZUCCHINI (1/4 C) MASHED POTATOES (1/2 C) W.G. HOT ROLL GRAPES (1/2 C) MILK	<b>SPAGHETTI W/MEAT SAUCE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/4 C) CARROT SLICES (1/2 C) RANCH DRESSING (1 pk) ORANGE (1/2 C) MILK	<b>CHICKEN PHILLY SANDWICH</b> ON W.G. HOAGIE BUN SWEET POTATOES (1/4 C) GREEN BEANS (1/2 C) APPLE (1/2 C) MILK	<b>CHEESE NACHOS</b> (Cheese 3oz, Tostadas 2 oz) MEXICAN CORN (1/4 C) PINTO BEANS (1/2 C) BANANA (1/2 C) MILK
<b>WEEK FOUR</b>	<b>PIZZA WEDGE</b> GREEN SALAD (1/4 C) TOMATO WEDGES (1/2 C) RANCH DRESSING (1 pk) PEAR (1/2 C) MILK	<b>CHICKEN NUGGETS (5 ea)</b> ZUCCHINI (1/4 C) MASHED POTATOES (1/2 C) W.G. HOT ROLL GRAPES (1/2 C) MILK	<b>SPAGHETTI W/MEAT SAUCE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/4 C) CARROT SLICES (1/2 C) RANCH DRESSING (1 pk) ORANGE (1/2 C) MILK	<b>CHICKEN PHILLY SANDWICH</b> ON W.G. HOAGIE BUN SWEET POTATOES (1/4 C) GREEN BEANS (1/2 C) APPLE (1/2 C) MILK	<b>CHEESE NACHOS</b> (Cheese 3oz, Tostadas 2 oz) MEXICAN CORN (1/4 C) PINTO BEANS (1/2 C) BANANA (1/2 C) MILK

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# GADSDEN INDEPENDENT SCHOOL DISTRICT



CYCLE MENU (Lunch 9-12) (2015)



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	<b>CHEESE BURGER ON A W.G. BUN</b> (Cheese .5 oz) TOMATO SLICES(1/3 C) OVEN FRIES (2/3 C) PICKLES (1/8 C) KETCHUP/MUSTARD (1 pk) ORANGE (1 C), MILK	<b>GORDITA ON A W.G. FLATBREAD</b> (Seasoned Ground Beef 2oz, Cheese 1 oz) SALSA PICANTE (2 pk) CARROT & RAISIN SALAD (1/3 C) RANCH BEANS (2/3 C) APPLE (1 C) MILK	<b>GRILLED CHEESE SANDWICH</b> ON W.G. GOLDFISH BREAD (Ham 2 oz, Cheese 1 oz) TOSSED SALAD (1/3C) SWEET POTATOES (2/3 C) RANCH DRESSING (1 pk) PEAR (1 C), MILK	<b>CHICKEN SLUGGERS</b> CORN O BRIEN (1/3 C) GREEN BEANS (2/3 C) W.G. HOT ROLL STRAWBERRIES(1 C) MILK	<b>RED ENCHILADAS</b> W.G. CORN TORTILLAS (2 ea) GREEN SALAD (1/3 C) PINTO BEANS (2/3 C) RANCH DRESSING 1pk WATERMELON (1 C) MILK
	<b>STEAK FINGERS (4 ea)</b> CARROT & RAISIN SALAD (1/3 C) MASHED POTATOES (2/3 C) W.G. HOT ROLL CANTALOUPE (1 C) MILK	<b>REFRIED BEANS TOSTADAS</b> (Beans 1.2z, Cheese 1oz, Tostadas 2 oz) TOMATO SLICES (1/3 C) SLICED CARROTS (2/3 C) SALSA PICANTE (2 pk) PEAR (1 C) MILK	<b>TURKEY &amp; CHEESE SANDWICH</b> ON W.G. HOAGIE BUN (Turkey 1 oz, Cheese 1 oz) GREEN SALAD (1/3 C) TOMATO WEDGES (2/3 C) RANCH DRESSING (1 pk) GRAPE (1 C), MILK	<b>SPAGHETTI W/MEAT SAUSAGE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/3 C) GREEN BEANS (2/3 C) RANCH DRESSING (1 pk) W.G. GARLIC TOAST (2 slices) BANANA (1 C), MILK	<b>CHEESE NACHOS</b> (Cheese 3 oz, Tostadas 2 oz) CARROT & RAISIN SALAD (1/3 C) BAKED BEANS (2/3 C) APPLE (1 C) MILK
<b>WEEK TWO</b>	<b>BREADED CHICKEN SANDWICH</b> ON W.G. BUN CARROT & RAISIN SALAD (1/3 C) GREEN BEANS (2/3 C) ORANGE (1 C) MILK	<b>BEEF TACOS (2 ea)</b> (Taco Shell 2 oz, Seasoned Ground Beef 2 oz) GREEN SALAD (1/3 C) TOMATO WEDGES (2/3 C) RANCH DRESSING (1 pk),SALSA(2pk) WG GARLIC TOAST( 2 slices) APPLE (1 C), MILK	<b>CHEESE BURGER ON A W.G. BUN</b> (Cheese .5 oz) TOMATO SLICES (1/3 C) OVEN FRIES (2/3 C) KETCHUP/MUSTARD (1 pk) WATERMELON (1 C) MILK	<b>CHICKEN SALAD</b> W.G. TOSTADAS (2 oz) TOSSED SALAD (1/3 C) SLICED CARROTS (2/3 C) RANCH DRESSING (1 pk) HONEY DEW (1 C) MILK	<b>STUFFED CRUST PIZZA</b> BROWN SPANISH RICE (1/2 C) MEXICAN CORN (1/3 C) PINTO BEANS (2/3 C) PEAR (1 C) MILK
	<b>PIZZA WEDGES</b> GREEN SALAD (1/3 C) TOMATO WEDGES (2/3 C) RANCH DRESSING (1 pk) W.G. GARLIC TOAST (2 slices) PEAR (1 C) MILK	<b>CHICKEN NUGGETS (5 ea)</b> ZUCCHINI (1/3 C) MASHED POTATOES (2/3 C) W.G. HOT ROLL GRAPE (1 C) MILK	<b>SPAGHETTI W/MEAT SAUCE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/3 C) CARROT SLICES (2/3 C) RANCH DRESSING (1 pk) W.G. GARLIC TOAST (2 slices) ORANGE (1 C), MILK	<b>CHICKEN PHILLY SANDWICH</b> ON W.G. HOAGIE BUN SWEET POTATOES (1/3C) GREEN BEANS (2/3 C) APPLE (1 C) MILK	<b>CHEESE NACHOS</b> (Cheese 3oz, Tostadas 2 oz) MEXICAN CORN (1/3 C) PINTO BEANS (2/3 C) BANANA (1 C) MILK
<b>WEEK THREE</b>	<b>BREADED CHICKEN SANDWICH</b> ON W.G. BUN CARROT & RAISIN SALAD (1/3 C) GREEN BEANS (2/3 C) ORANGE (1 C) MILK	<b>BEEF TACOS (2 ea)</b> (Taco Shell 2 oz, Seasoned Ground Beef 2 oz) GREEN SALAD (1/3 C) TOMATO WEDGES (2/3 C) RANCH DRESSING (1 pk),SALSA(2pk) WG GARLIC TOAST( 2 slices) APPLE (1 C), MILK	<b>CHEESE BURGER ON A W.G. BUN</b> (Cheese .5 oz) TOMATO SLICES (1/3 C) OVEN FRIES (2/3 C) KETCHUP/MUSTARD (1 pk) WATERMELON (1 C) MILK	<b>CHICKEN SALAD</b> W.G. TOSTADAS (2 oz) TOSSED SALAD (1/3 C) SLICED CARROTS (2/3 C) RANCH DRESSING (1 pk) HONEY DEW (1 C) MILK	<b>STUFFED CRUST PIZZA</b> BROWN SPANISH RICE (1/2 C) MEXICAN CORN (1/3 C) PINTO BEANS (2/3 C) PEAR (1 C) MILK
	<b>PIZZA WEDGES</b> GREEN SALAD (1/3 C) TOMATO WEDGES (2/3 C) RANCH DRESSING (1 pk) W.G. GARLIC TOAST (2 slices) PEAR (1 C) MILK	<b>CHICKEN NUGGETS (5 ea)</b> ZUCCHINI (1/3 C) MASHED POTATOES (2/3 C) W.G. HOT ROLL GRAPE (1 C) MILK	<b>SPAGHETTI W/MEAT SAUCE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/3 C) CARROT SLICES (2/3 C) RANCH DRESSING (1 pk) W.G. GARLIC TOAST (2 slices) ORANGE (1 C), MILK	<b>CHICKEN PHILLY SANDWICH</b> ON W.G. HOAGIE BUN SWEET POTATOES (1/3C) GREEN BEANS (2/3 C) APPLE (1 C) MILK	<b>CHEESE NACHOS</b> (Cheese 3oz, Tostadas 2 oz) MEXICAN CORN (1/3 C) PINTO BEANS (2/3 C) BANANA (1 C) MILK
<b>WEEK FOUR</b>	<b>BREADED CHICKEN SANDWICH</b> ON W.G. BUN CARROT & RAISIN SALAD (1/3 C) GREEN BEANS (2/3 C) ORANGE (1 C) MILK	<b>BEEF TACOS (2 ea)</b> (Taco Shell 2 oz, Seasoned Ground Beef 2 oz) GREEN SALAD (1/3 C) TOMATO WEDGES (2/3 C) RANCH DRESSING (1 pk),SALSA(2pk) WG GARLIC TOAST( 2 slices) APPLE (1 C), MILK	<b>CHEESE BURGER ON A W.G. BUN</b> (Cheese .5 oz) TOMATO SLICES (1/3 C) OVEN FRIES (2/3 C) KETCHUP/MUSTARD (1 pk) WATERMELON (1 C) MILK	<b>CHICKEN SALAD</b> W.G. TOSTADAS (2 oz) TOSSED SALAD (1/3 C) SLICED CARROTS (2/3 C) RANCH DRESSING (1 pk) HONEY DEW (1 C) MILK	<b>STUFFED CRUST PIZZA</b> BROWN SPANISH RICE (1/2 C) MEXICAN CORN (1/3 C) PINTO BEANS (2/3 C) PEAR (1 C) MILK
	<b>PIZZA WEDGES</b> GREEN SALAD (1/3 C) TOMATO WEDGES (2/3 C) RANCH DRESSING (1 pk) W.G. GARLIC TOAST (2 slices) PEAR (1 C) MILK	<b>CHICKEN NUGGETS (5 ea)</b> ZUCCHINI (1/3 C) MASHED POTATOES (2/3 C) W.G. HOT ROLL GRAPE (1 C) MILK	<b>SPAGHETTI W/MEAT SAUCE</b> W.G. PASTA (6 oz) TOSSED SALAD (1/3 C) CARROT SLICES (2/3 C) RANCH DRESSING (1 pk) W.G. GARLIC TOAST (2 slices) ORANGE (1 C), MILK	<b>CHICKEN PHILLY SANDWICH</b> ON W.G. HOAGIE BUN SWEET POTATOES (1/3C) GREEN BEANS (2/3 C) APPLE (1 C) MILK	<b>CHEESE NACHOS</b> (Cheese 3oz, Tostadas 2 oz) MEXICAN CORN (1/3 C) PINTO BEANS (2/3 C) BANANA (1 C) MILK

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# Gadsden Independent School District



## Breakfast Cycle Menu (K-12)

January – May 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>W.G. Cold Cereal Bowl</b> <b>WG Applesauce Muffin (1 ea)</b> Red Apple 1 c (Cut in ½) Milk	<b>Breakfast Chicken (1 ea)</b> W.G. Biscuit Orange (1 c) (Cut in ½) Milk	<b>Huevos Rancheros</b> (Cheese Omelet) W.G. Tortilla 6" Salsa Picante (1 pk) Banana 1 c (Cut in ½). Milk	<b>W.G. Hawaiian Biscuit</b> w/Sausage (1ea) Pear 1 c (Cut in ½) Milk	<b>Cinnamon Mini Waffles 1pk</b> Maple Syrup (1 pk) Green Apple (1 c) Milk
<b>2</b>	<b>W.G. Cinnamon Glazed French Toast Sticks 3ea</b> Maple Syrup (1 pk) Pear 1 c (Cut in ½) Milk	<b>W.G. Tac-Go</b> Salsa Picant 1 pk Red Apple 1 c (Cut in ½) Milk	<b>W.G. Pancakes (3ea)</b> Maple Syrup 1 pk Orange 1 c (Cut in ½) Milk	<b>W.G. Cold Cereal Bowl</b> Banana Muffin 1 ea Green Apple 1 c (Cut in ½) Milk	<b>Greek Fruit Yogurt</b> <b>W.G. Honey Graham Crackers (2 pk)</b> Banana 1 c Milk
<b>3</b>	<b>Beans 'N Cheese Breakfast Burrito</b> Salsa Picante (1pk) Green Apple 1c Milk	<b>W.G. Breakfast Sliders</b> Pear 1c (Cut in ½) Milk	<b>Blueberry Mini Pancakes (1 pk)</b> Maple Syrup (1 pk) Orange 1 c (Cut in ½) Milk	<b>Sausage Biscuit</b> Sausage 1oz WG Biscuit Red Apple 1 c (Cut in ½) Milk	<b>W.G. Cold Cereal</b> Honey Grahams (2 pk) Banana 1 c Milk
<b>4</b>	<b>W.G. Flatbread Breakfast Sandwich</b> Banana 1 c Milk	<b>Egg &amp; Cheese on English Muffin</b> Egg Patty .5 oz Cheese Orange 1 c (Cut in ½) Milk	<b>W.G. Cold Cereal Bowl</b> W.G. Chocolate Goldfish (1 pk) Red Apple 1 c (Cut in ½) Milk	<b>W.G. Sausage Pancake on a Stick (1 ea)</b> Maple Syrup (1 pk) Pear 1 c (Cut in ½) Milk	<b>W.G. Cinnamon Glazed French Toast (3 Slices)</b> Maple Syrup (1 pk) Green Apple 1 c (Cut in ½) Milk

January 2016

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/	25	26	27	28	29	31

February 2016

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	28	29				

March 2016

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2016

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2016

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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# Gadsden Independent School District



## Lunch Cycle Menu (K-8) rvsd 1.14.16

January-May 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<b>Hamburger on a WG Bun</b> Tomato Slices ( ¼ c) Oven Fries ( ½ c) Ketchup/Mustard (1 pk) Orange ( ½ c) Milk	<b>Gordita on a WG Flatbread</b> (Seasoned Ground Beef 2oz) Cheese (.5oz) Green Salad ( ¼ c) Italian Green Beans ( ½ c) Picante Sauce/Ranch Dressing (1 pk) Red Apple ( ½ c) Milk	<b>Corndog</b> Tossed Salad ( ¼ c) Sweet Potato Fries ( ½ c) Ketchup, Mustard (1 pk) Ranch Dressing (1 pk) Pear ( ½ c) Milk	<b>Chicken Sluggers</b> Seasoned Mix Vegetables(¼ c) Orange Glazed Carrots( ½ c) W.G. Hot Roll Red Grapes ( ½ c) Milk	<b>Red Chili Chiliqueses</b> Cheese 2 oz WG Corn Tortillas (2 ea) Mexicali Corn ( ¼ c) Pinto Beans ( ½ c) Spanish Rice ( ½ c) Banana ( ½ c) Milk
2	<b>Steak Fingers (4 ea)</b> Seasoned Green Beans( ¼ c) Orange Glazed Carrots ( ½ c) Ketchup (1 pk) WG Hot Roll Green Apple ( ½ c) Milk	<b>Refried Bean &amp; Cheese Tostadas</b> (Refried Beans ½ c Cheese .5 oz) Tostadas (2 oz) Tossed Salad ( ¼ c) Seasoned Mixed Vegetables ( ½ c) Ranch Dressing/ Picante Sauce (1pk) Pear ( ½ c) Milk	<b>Sloppy Joe on a WG Bun</b> (Seasoned Ground Beef 2 oz) Tomato Slices ( ¼ c) Oven Fries ( ½ c) Mustard/ Ketchup (1 pk) Green Grapes ( ½ c) Milk	<b>Submarine Deli Sandwich</b> <b>On WG Hoagie Bun</b> (Turkey 1oz Ham .5oz Cheese .5oz) Tossed Salad ¼ c) Sweet Potatoes ( ½ c) Ranch Dressing/ Mustard (1 pk) Banana ( ½ c) Milk	<b>Cheese Nachos</b> (Cheese 3 oz, Tostadas 2 oz) Mexicali Corn ( ¼ c) Ranch Beans ( ½ c) Red Apple ( ½ c) Milk
3	<b>Breaded Chicken Patty on a WG Bun</b> Seasoned Mix Vegetables ( ¼ c) Orange Glazed Carrots ( ½ c) Mustard (1 pk) Pear ( ½ c ) , Milk	<b>Stuffed Crust Pizza</b> Green Salad ( ¼ c) Italian Green Beans ( ½ c) Ranch Dressing (1 pk) Green Apple ( ½ c) Milk	<b>Hotdog on a WG Bun</b> Tomato Slices ( ¼ c) Oven Fries ( ½ c) Ketchup/Mustard (1 pk) Orange ( ½ c) Milk	<b>Chicken Salad</b> WG Tostadas ( 2 oz) Green Salad (¼ c) Sweet Potato Fries ( ½ c) Ranch Dressing(1 pk) Banana ( ½ c) Milk	<b>Beef Tacos 2ea</b> (2oz filling,2 WG shells) Mexicali Corn ( ¼ c) Pinto Beans ( ½ c) Picante Sauce (2pk) Red Grapes ( ½ c) Milk
4	<b>Rib-B-Que on a WG Hoagie Bun</b> Tossed Salad(¼ c) Italian Green Beans ( ½ c) Bar-B-Que Sauce (1 pk) Ranch Dressing (1 pk) Pear ( ½ c) Milk	<b>Chicken Nuggets 5 ea</b> Potato Wedges(¼ c) Carrot Raisin Salad ( ½ c) Ketchup (1 pk) WG Hot Roll Red Grapes ( ½ c) Milk	<b>Chicken Fajitas 2oz w/ WG Flour Tortilla 10'</b> Picante Sauce (1 pk) Mexicali Corn (¼ c) Chili Beans (½ c) Orange ( ½ c ) Milk	<b>Spaghetti w/ Meat Sauce</b> (6 oz Pasta, 2 oz Meac) Green Salad ( ¼ c) Seasoned Mixed Vegetables ( ½ c) Ranch Dressing (1 pk) Red Apple ( ½ c) Milk	<b>Taco Salad</b> (Beef 1oz, Pinto Beans ¼ c) (Cheese .5 oz, WG Tostadas 2 oz) Romaine Lettuce(¼ c) Diced Tomato( ½ c) Picante Sauce (1 pk) Banana ( ½ c) Milk

January 2016

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February 2016

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March 2016

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April 2016

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May 2016

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**Non Discrimination Statement**

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# Gadsden Independent School District



## Lunch Cycle Menu (9-12) rvsd 1.14.16

January-May 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<b>Cheese burger on a WG Bun</b> Tomato Slices (1/3 c) Oven Fries (2/3 c) Ketchup/Mustard (1 pk) Orange (1 c) Milk	<b>Gordita on a WG Flatbread</b> (Seasoned Ground Beef 2oz, 1oz Cheese) Green Salad (1/3 c) Italian Green Beans (2/3 c) Picante Sauce/Ranch Dressing (1 pk) Red Apple (1 c) Milk	<b>Corndog</b> Tossed Salad (1/3 c) Sweet Potato Fries (2/3 c) Ketchup, Mustard (1 pk) Ranch Dressing (1 pk) Pear (1 c) Milk	<b>Chicken Sluggers</b> Seasoned Mix Vegetable (1/3 c) Orange Glazed Carrots 2/3 c) W.G. Hot Roll Red Grapes (1 c) Milk	<b>Red Chili Chilequeles</b> Cheese 2 oz WG Corn Tortillas (2 ea) Mexicali Corn (1/3 c) Pinto Beans (2/3 c) Spanish Rice (3/4 c) Banana (1 c), Milk
2	<b>Steak Fingers (4 ea)</b> Seasoned Green Beans (1/3c) Orange Glazed Carrots (2/3 c) Ketchup (1 pk) WG Hot Roll Green Apple (1 c) Milk	<b>Refried Bean &amp; Cheese Tostadas</b> (Refried Beans 1/2c, Cheese 1oz) Tostadas (2 oz) Tossed Salad (1/3c) Seasoned Mixed Vegetables (2/3c) Picante Sauce (2pk)/Ranch Dressing (1pk) Pear (1 c), Milk	<b>Sloppy Joe on a WG Bun</b> (Seasoned Ground Beef 2 oz) Tomato Slices (1/3 c) Oven Fries (2/3 c) Mustard, Ketchup (1 pk) Green Grapes (1 c) Milk	<b>Submarine Deli Sandwich</b> <b>On WG Hoagie Bun</b> (Turkey 1oz, Ham 1oz, Cheese 1oz) Tossed Salad 1/3c Sweet Potato Fries (2/3 c) Ranch Dressing/Mustard (1 pk) Banana (1 c), Milk	<b>Cheese Nachos</b> (Cheese 3 oz, Tostadas 2 oz) Mexicali Corn (1/3 c) Ranch Beans (2/3 c) Red Apple (1 c) Milk
3	<b>Breaded Chicken Party on a WG Bun</b> Seasoned Mix Vegetable (1/3 c) Orange Glazed Carrots (2/3c) Mustard 1 pk Pear (1 c), Milk	<b>Stuffed Crust Pizza</b> Green Salad (1/3 c) Italian Green Beans (2/3 c) Ranch Dressing (1 pk) Green Apple (1c) Milk	<b>Hotdog on a WG Bun</b> Tomato Slices (1/3 c) Oven Fries (2/3 c) Ketchup/Mustard (1 pk) Orange (1c) Milk	<b>Chicken Salad</b> WG Tostadas (2 oz) Green Salad (1/3 c) Sweet Potato Fries (2/3 c) Ranch Dressing (1 pk) Banana (1 c), Milk	<b>Beef Tacos 2ea</b> (2oz filling, 2 WG shells) Mexicali Corn (1/3c) Pinto Beans (2/3 c) Picante Sauce (2pk) Red Grapes (1 c), Milk
4	<b>Rib-B-Que on a WG Hoagie Bun</b> Tossed Salad (1/3c) Italian Green Beans (2/3 c) Bar-B-Que Sauce (1 pk) Ranch Dressing (1 pk) Pear (1 c) Milk	<b>Chicken Nuggets 5 ea</b> Potato Wedges (1/3 c) Carrot Raisin Salad (2/3 c) Ketchup (1 pk) WG Hot Roll Red Grapes (1 c) Milk	<b>Chicken Fajitas 2oz w/WG Flour Tortilla 10'</b> Picante Sauce (1 pk) Mexicali Corn (1/3 c) Chili Beans (2/3 c) Orange (1 c) Milk	<b>Spaghetti w/Meat Sauce</b> (6oz Pasta 2oz meat sauce ) Green Salad (1/3 c) Seasoned Mixed Vegetables (2/3 c) Ranch Dressing (1 pk) Red Apple (1 c) Milk	<b>Taco Salad</b> (Beef 1oz Pinto Beans 3/4 c Cheese 1oz) WG Tostadas (2oz) Diced Tomato (2/3 c) Romaine Lettuce (1/3 c) Picante Sauce (1 pk) Banana (1 c) Milk

January 2016

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February 2016

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March 2016

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April 2016

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May 2016

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